



# COMMONWEALTH of VIRGINIA

## *Department for the Aging*

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**Note:** The web addresses (links) in this document may change over time. The Department for the Aging does not attempt to refresh the links once the week has passed. However, this document is maintained on the web for a period of time as a reference. Some links may require registration.



**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Bay Aging

**DATE:** January 23, 2008

**SUBJECT:** Mathews County

*At the November 27, 2007 regular meeting of the Mathews County Board of Supervisors, the board unanimously voted to approve the request to allow Mathews County employees to deliver Meals on Wheels one day per month on a voluntary basis. Furthermore, they voted to allow employees to use a county vehicle for deliveries, if such vehicles were not needed for regular county business at that time.*

*This effort is in addition to Mathews County providing Bay Aging with a new location for its Mathews Active Lifestyle Center (senior center) in the spring of 2007! Thanks to County Administrator Stephen Whiteway and the Mathews County Board of Supervisors, Mathews County seniors now have a beautiful building in which to meet, socialize, learn and keep active.*

*Bay Aging is very appreciative and applaud the Board of Supervisors' and Mr. Whiteway's support of their aging population.*



**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Brenda Friend Briggs, Esq., Assistant to State Legal Services Developer  
*Project 2025: Enhanced Access to Legal Assistance for Older Americans in Virginia*

**DATE:** January 23, 2008

**SUBJECT:** Virginia Lawyer Referral Service  
New Policy and Procedure Effective July 1, 2007

Please note the attached letter from the Virginia State Bar explaining its new policy and procedure for acquiring the services of an attorney, effective July 1, 2007. The phone numbers for the referral service have remained the same; however, there is a new requirement for a prepayment of \$35.00 before a caller can talk with an attorney. The details for implementation of this change are described in the attached letter from the Virginia State Bar.

The following contact information is highlighted for your convenience:

Telephone: (804) 775-0808  
Statewide Toll-Free: (800) 552-7977

Internet access: <http://www.vsb.org/site/public/lawyer-referral-service/>

If we can be of further assistance to you, please contact Brenda Friend Briggs at the Virginia Department for the Aging, at (804) 662-7050, or email her at [brenda.briggs@vda.virginia.gov](mailto:brenda.briggs@vda.virginia.gov). Please leave a message with your question if she is unavailable, and your call will be returned.

We look forward to our continued collaboration and joint ventures as we work together to enhance access to legal assistance services for seniors in Virginia.

# Virginia State Bar

Eighth and Main Building  
707 East Main Street, Suite 1500  
Richmond, Virginia 23219-2800  
Telephone: (804) 775-0500

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Facsimile: (804) 775-0501 TDD (804) 775-0502

To: Organizations who utilize Virginia Lawyer Referral Service

From: Toni B. Dunson, Senior Assistant

Date: January 10, 2008  
(Original Mailing Date: June 27, 2007)

Re: Virginia Lawyer Referral Service – IMPORTANT POLICY CHANGE

This is to inform you of a policy change regarding the Virginia Lawyer Referral Service (VLRS). As of July 1, 2007, VLRS will require prepayment for a referral and initial consultation. The client will pay by credit card at the time of referral. Mail-in payments will be accepted by money order prior to referring. Walk-ins may pay by cash, credit card or money order. Check by phone is being investigated, but is not an option at this time. The fee will remain the same (\$35.00) as it has been since 1998. This entitles the client up to 30-minutes of an attorney's time.

As the VLRS strives to be self-sustaining, this economic step has become necessary after a long period of discussion and research.

Please advise your staff and post this notice within your organization as we facilitate the revised process.

Thank you for your cooperation.



**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors  
Disease Prevention – Health Promotion Coordinators

**FROM:** Elaine S. Smith, MS, RD  
Program Coordinator

**DATE:** January 23, 2008

**SUBJECT:** Regional Poisoning Prevention Training – Save the Date

Following are save the date flyers for 2 Poisoning Prevention Training Sessions in Pulaski and Lynchburg for those who work with seniors. More information will follow but mark your calendar now so that you don't miss out!

Further details will be announced when available about a similar event in Martinsville.

Please feel free to post and pass the flyers on to others in your community who may be interested.

# **SAVE THE DATE!**

## **Train-the-Trainer:**

**Participants will receive training and all the materials needed to teach older adults (age 55+) about poison safety & prevention**

When: Thursday, March 20, 2008. All day. Lunch provided.  
Where: New River Valley Community College, VA  
Cost: FREE! Space limited, registration required.  
Who: Adults who work or volunteer with senior citizens in the Pulaski county area.

*Course is offered by the education specialists at the Blue Ridge Poison Center*



More details about registration will follow.  
Questions? Kristin Wenger, Education Coordinator  
Blue Ridge Poison Center.  
klw2s@virginia.edu or 434-982-4386

# **SAVE THE DATE!**

## **Train-the-Trainer:**

**Participants will receive training and all the materials needed to teach older adults (age 55+) about poison safety & prevention**

When: Wednesday April 2, 2008. All day. Lunch provided.

Where: CVCC, Lynchburg, VA

Cost: FREE! Space limited, registration required.

Who: Adults who work or volunteer with senior citizens in the Lynchburg area.

*Course is offered by the education specialists at the Blue Ridge Poison Center*



More details about registration will follow.  
Questions? Kristin Wenger, Education Coordinator  
Blue Ridge Poison Center.  
klw2s@virginia.edu or 434-982-4386



*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors

**FROM:** Elaine S. Smith, MS, RD  
Program Coordinator

**DATE:** January 23, 2008

**SUBJECT:** Nutrition Education Resources

Below are links to Nutrition Education Resources

Fruits & Veggies--More Matters Resource Manual

Nutrition education focusing on the promotion of increased consumption of fruits and vegetables. Available in 3 pdf files pages [1-60](#), [61- 68](#), [69-100](#). Some of the materials are for children but look for the lessons and activities for adults and older adults.

Tufts University recently updated it's **MyPyramid** specifically designed for older adults. [Modified MyPyramid for older adults](#). This is available free for download and printing. A PDF file also follows.

The University of Florida has also developed a MyPyramid for Older Adults poster which is only available for purchase.

[http://ifasbooks.ufl.edu/merchant2/merchant.mv?Screen=PROD&Store\\_Code=IFASBO&Product\\_Code=SP+429&Category\\_Code=HCPS](http://ifasbooks.ufl.edu/merchant2/merchant.mv?Screen=PROD&Store_Code=IFASBO&Product_Code=SP+429&Category_Code=HCPS)



The US Food and Drug Administration (FDA), Center for Food Safety and Applied Nutrition has created downloadable posters for printing. These posters show nutrition information for the 20 most frequently consumed raw fruits, vegetables, and fish in the United States.

[Downloadable and printable posters](#) for nutrition information of raw fruits, vegetables, and fish.

# Modified MyPyramid for Older Adults

